



SKATE WITH ME—Activated reservists from Mobile Inshore Undersea Warfare Unit 202 (MIUWU-202) based at Naval Station Newport joined students from Aquidneck Elementary School in Middletown for an afternoon of skating at the Born Family Skating Center last Tuesday. From left are Cameron Du Breuil, Alisa Loughlin, Casey Hansel, Karoline Sirois-Hanson, Sonar Technician Second Class David Gentile and Shannon Bradfield. About 10 service members of the reserve unit, while awaiting deployment, volunteered time with students in support of the school's accelerated reading program. Twelve students earned points to go skating after reading and passing comprehension tests for an average of 25 books between October and December. MIUWU-202 deployed on Wednesday.

Ron Fontaine/U.S. Navy photo



NUWC robot off to Columbia

Middletown High School's robot, tuned by NUWC engineers, is crated and shipped to New York regional competition.

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Critters visit ASYMCA tots

Animal Experiences brings a variety of reptiles and amphibians to the Armed Services YMCA for youngsters to see and touch.

— Page 8



Destroyer here as schoolship

The USS Carney, part of Operation Solid Curtain since Sept. 11, visits Navy Newport to be SWOS schoolship.

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February barbecue

RIGHT — Gunner's Mate Second Class Ben Hall and Gunner's Mate Third Class Brian Price chow down during Mobile Inshore Undersea Warfare Unit 202's pre-deployment barbecue last week at Building 36. The reserve unit shipped out Wednesday morning for an undisclosed mission.

BELOW: Boatswain's Mate Seaman Christina Theriault and Seaman Ernest Avery get in the chow line.

Ron Fontaine/U.S. Navy photos



Navy to join parade of Irish green

By JOY CHRISTMAS

NAVSTA Public Affairs Staff

When the 46th annual Newport St. Patrick's Day parade steps off on March 16, a flood of red, white and Navy blue will be in abundance among the sea of Kelly green.

Newport native Rear Adm. Barbara McGann, Provost of the Naval War College and last year's parade grand marshal; Capt. Ruth A. Cooper, Commanding Officer, Naval Station Newport, will be

among the dignitaries and head the military contingent.

A highlight of the month-long Newport Irish Heritage celebration, the multi-division procession will boast a multitude of floats, clowns and marching units from a variety of service and civic organizations, high school bands, Irish step dancers and bagpipers, scouting groups and police and fire departments.

Other military representation from Navy Newport will include Navy Band Northeast; a marching

unit and color guard from the Broadened Opportunity for Officer Selection and Training (BOOST); a color guard from the Naval Ambulatory Care Center (NACC) Newport; and a color guard from the Marine Corps Detachment.

The two-mile trek will begin at 11 a.m. from Newport City Hall head down Thames Street to America's Cup Avenue and back to Thames Street. The parade will conclude at the reviewing stand in front of St. Augustin's Church.

Navy Choristers in concert Sunday

The Newport Navy Choristers will kick off their annual family concert at Spruance Auditorium in the Naval War College on Sunday, March 3 at 4 p.m.

The concert, entitled "Music for a Sunday Afternoon," will mark the 30th consecutive year that the Choristers have performed at the Naval War College.

All proceeds will benefit the Navy-Marine Corps Relief Society and Newport Navy Choristers. Since 1988, over \$12,000 has been raised for the Navy-Marine Corps Relief Society during their annual concert.

Tickets for the concert are \$5 for adults, \$3 for children and

seniors, and \$12 for a family. Due to force protection measures in effect, reservations by name are required for individuals who do not have a military or Department of Defense identification card.

To reserve tickets, call 847-6117. Tickets are also available from chorus members (or at the door for government ID card holders).

Concert guests should enter through Gate 1 and be prepared to show a picture ID for admittance on the base.

For further information, contact Pat McGue, chairman, at 849-1135.

Jazz trumpet concert next in recital series

By KATE WHIDDEN

Navallog contributor

Navy Band Northeast will continue its Spring Recital Series with a jazz trumpet recital by Musician Third Class Jason Hanna on Sunday, March 24 at 3 p.m. in Pringle Auditorium.

Musician Second Class Tony Grizzle will perform in the Spruance Auditorium Lobby on Sunday, April 7, at 3 p.m.

Chief Musician Heidi Willson will provide a selection of Broadway tunes on Sunday, April 14, at 3 p.m. in the Pringle Auditorium.

A classical trombone performance by Musician Second Class Jonathan Ward is scheduled for Sunday, April 28 at 3 p.m. at Pringle Auditorium.

The final performance, the "Armed Forces Day Concert," will take place on Sunday, May 19, in Spruance Auditorium at 3 p.m.

All Navy Band Northeast Spring recital concerts are free and open to the public. Guests should enter the naval complex through Gate One.

Members of the public who do not have a pass to gain entrance to the Naval Station can call 841-3538 to make reservations for the concerts.

To our readers

To post an announcement in *The Newport Navallog*, submit copy via guard mail (Code N01P), facsimile or hand delivery to our offices in Building 690 opposite the Naval Station (NAVSTA) Newport Main Post Office.

Phone is 841-4921 and fax is 841-2265.

To place an advertisement in the newspaper, either display or classified, contact *The Newport Daily News*, 101 Malbone Road, Newport, R.I. Phone 849-3300 or fax 849-3306.

THE NAVALOG

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The Newport Navallog is printed on recycled paper.



Gary Gabriel/NUWC photos

MIDDLETOWN High School robotics team members hold a final information meeting in Warehouse 2-B, Naval Station Newport, before shipping Rhode Warrior V, left, off to regional competition. The team is assisted by engineers from the Naval Undersea Warfare Center Division, Newport.

NUWC-tuned robot shipped to N.Y. regional competition

By RICHARD ALEXANDER

Navallog editor

Rhode Warrior V, the robot designed and built by a team of Middletown High School students with expertise from the Naval Undersea Warfare Center Division, Newport, has been crated and shipped to regional competition in New York.

The competition, at Columbia University on March 21-23, is sponsored by the For Inspiration and Recognition of Science and Technology (FIRST).

NUWC engineer Gary Gabriel said the 130-pound machine was delivered to Building 47, Naval Station Newport, last week. He said the robot was impressive in a scrimmage in Quincy, Mass., on Feb. 16.

"Nobody we saw had the push/pull power we did," he said. "In fact, at the end of the day Quincy challenged us to a tug-of-war, which we won."

Rhode Warrior seems to have an excellent balance of speed, ball handling, maneuverability, goal handling and power. "In short, we're a contender," he said.

On Feb. 18 the team continued fine tuning in Warehouse 2-B, Naval Station Newport, and getting competition ready. Also, some talented MHS art students hand painted shark side shields on the robot.

Since 1996 NUWC and MHS have teamed up to build robots from standardized kits supplied by FIRST. NUWC, and entered regional and national competition.

This year, some 20,000 students on 600 teams



A STUDENT works on Rhode Warrior V now decorated with artwork of the robot's logo, an attacking shark. The robot will carry the American flag, top, into competition.

will compete in 17 regional events nationwide. If fundraising permits, the MHS/NUWC teams hopes to enter the national competition in late April at Epcot Center, Disney World.

Newport Naval Cable TV

Reenlistment bonus: trip to Daytona track

Navy and Marine Corps News airs daily at 8:30 a.m., noon and 5:30 p.m. on channel 11. Look for the following stories and more on this week's Navy/Marine Corps News show:

—Sailors reenlisting in Florida are rewarded with a trip to the Daytona International Speedway.

—Go aboard the attack submarine *USS Seawolf* underway to learn about some of its capabilities.

—Emergency teams in Sigonella, Sicily, use hazardous material training drills to prepare for the real thing.

—Seabees from Port Hueneme, Calif., participate in an annual training exercise to prepare for deployment.

Naval history lesson

This week's featured video, *The Naval Wars with France and Tripoli, 1798-1805*, will follow Navy and Marine Corps News, at 9 a.m., and 1 and 6 p.m..

Health and Wellness Videos

The Naval Ambulatory Care Center and the Health Promotion Action Council want to help service members achieve and maintain their optimal health and wellness, while learning more about disease prevention.

Health education and wellness programs are now offered on Newport Navy Cable Television channel 13, Tuesday through Thursday, from 2 to 3 p.m.

During next week's featured segments, beginning March 4, learn more about *Menopause* and *Migraines and other Headaches*.

If interested in classroom/video programs or in participating in the Health Promotion Action Council, call Health Promotion Department at 841-6777.

Fleet & Family Support Center

Parents and teenagers may be

interested in the Fleet and Family Support Center video series. These programs deal with a variety of topics which are of interest to children of all ages, and families.

The programs air daily on channel 11 at 10 a.m., 1 and 7 p.m. The weekly schedule is displayed below.

To obtain a video schedule or for more information, contact the Naval Station Newport Public Affairs Office at 841-3538.

DAY	TITLE
Friday through Sunday	Getting a Handle on Stress
Monday	A Kid's Guide to Divorce
Tuesday	Reeling Pressure to Join Gangs
Wednesday	Exceptional Family Member programs
Thursday	25 Ways to Boost Low Self-Esteem

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ADVANCED — Capt. Michael C. Evans, right, commanding officer of the Marine Corps Detachment, promotes Cpl. Eliseo E. Rodriguez to sergeant effective Feb. 1 in ceremonies at MARDET Headquarters. Sgt. Rodriguez, instrumental in Navy Newport's first Toys for Tots motivational run last December, entered the Marine Corps at Santa Ana, Calif.

NUWC team to collect environmental award

The Chief of Naval Operations (CNO) has announced the selection of a team from the Naval Undersea Warfare Center Division, Newport as a winner in the 2001 CNO Environmental Awards program, in the Natural Resources Conservation category.

The Division's Natural Resources Team is responsible for addressing the unique environmental challenges faced by the Division's land, sea, and air operations. The Team's responsibilities include overall conservation, ecosystem and land use management, fish and wildlife, and conservation education.

Team members include NUWC employees Thomas Fetherston, Thomas Vars, and Lisa Phelps, all scientists; Glenn Mitchell and Chris Tompsett, both engineers,

Lee Hall, environmental protection specialist; and Celeste Pelletier, management analyst. The team also includes two McLaughlin Research Corp. marine scientists, Ellen Keane, and Ryan Campbell.

There will be an awards ceremony hosted at the Navy Memorial on April 30. Having won this award at the Naval Sea Systems Command level as well, the Division will now advance to the Secretary of the Navy level competition.

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Did you know

Did you know budget counselors from by the Navy-Marine Corps Relief Society will conduct classes at your command on a wide variety of subjects?

Topics include: Financial Responsibility, Budget Workshop, Managing a Checking Account, Understanding Credit, Car Buying Strategies, Budgeting for Baby and Preparing for Deployment.

Contact the Navy-Marine Corps Relief office in the Fleet and Family Support Center today, 841-7342/3.

Announcements

New gate hours posted

New gate hours for Naval Station Newport have been posted and take effect immediately. With spring approaching, all personnel are reminded not to park on grassy areas. All vehicles in violation will be subject to towing.

Gate 1: Inbound and outbound traffic, 24 hours, weekdays, weekends and holidays.

Gate 2: Inbound and outbound, weekdays 6 to 8 a.m. and 3 to 6 p.m. Closed weekends and holidays.

Gate 4: Inbound and outbound weekdays 6 a.m. to 6:30 p.m. (9:30 p.m. on Thursdays); and weekends and holidays 8 a.m. to 6:30 p.m.

Gate 7: Inbound and outbound (Naval Ambulatory Care Center) weekdays 5 a.m. to 9:30 p.m.; and weekends and holidays, 6 a.m. to 6 p.m.

Gate 10: Inbound and outbound weekdays 6 a.m. to 5 p.m.; Saturdays 6 a.m. to 1 p.m.; closed Sundays and holidays.

Gate 11: Inbound only weekdays 6 to 9 a.m.; inbound and outbound weekdays 11 a.m. to 1 p.m.; outbound only 3 to 6 p.m.; closed weekends and holidays.

Pier Two: inbound and outbound, 6 a.m. to 6 p.m.; closed weekends.

Naval War College south gate at Luce Hall, weekdays 6 a.m. to 9 p.m.; closed weekends.

FFSC offices closed during Job Fair

The Transition Assistance Management, Spouse Employment Assistance, and Relocation offices at the Fleet and Family Support Center will be closed on Monday, March 4. Join us at Job Fair 2002 at the Hyatt Regency.

POSH training mandatory

The annual mandatory Prevention of Sexual Harassment (POSH) training will be held every Tuesday and Thursday this month in Perry Hall auditorium, Naval Education and Training Center. This training is mandatory for all civilian employees.

Supervisory POSH training will be scheduled at a later date. The sessions are: March 5, 7, 12 and 14 at 10 a.m. and 1 p.m.

If you have any questions or have any special requirements, call Karen Peckham, 841-6197.

Personal Property revises hours

The Personal Property Shipping Office in Building 690 will be closed every Wednesday morning. Hours of operations are Monday, Tuesday, Thursday and Friday from 7:30 a.m. to 4:30 p.m., and Wednesday from 1 to 4:30 p.m.

Safety Office is 'NAVOSH Office'

The Northeast Region Safety Manager's Conference has renamed all Safety Offices in the region as Navy Occupational Safety and Health Offices* and designated new regional office codes.

Naval Station Newport's Safety Office is now called the "NAVOSH Office" and the new office code is now N91N. All telephone numbers remain the same. For any further information, please call Roger Georgeson at 841-2478.

Special events

Spouses welcome coffee

The Newport Officer Spouse Club will sponsor a Welcome Coffee on Friday, March 8, from 1 to 3 p.m. in the Mahan Rotunda at the Naval War College.

The event is open to officer spouses and Department of Defense families who wish to become acquainted with both military and local activities and services, meet others new to the area, or discover old friends.

As a courtesy to those spouses who operate their own businesses, a common table will be available to display business cards. No selling of goods is permitted.

For more information, call Kathleen De Alicante at 846-2289.

Meetings/reunions

Retired enlisted meeting

The Retired Enlisted Association, Narragansett Bay Chapter 79, will meet on Saturday, March 9, at 10 a.m. at the Middletown VFW Post home on Underwood Lane.

Guest speaker will be Carol Winiarski of TRICARE. She will answer questions. For further information, contact Mike Conroy at 846-0527.

First Festival of Trees meeting

Preparations are underway for the 25th annual Festival of Trees this December. The first meeting will be Tuesday, March 5, at 7 p.m. at the Armed Services YMCA.

Anyone interested in being a part of the silver anniversary of the Festival of Trees please contact Allison Bradfield at 846-1991 or attend the meeting.

Volunteers wanted to promote wellness

Would you be interested in helping your command maintain its personnel wellness?

The Health Promotion Action Council is looking for volunteers from tenant commands to help bring fun and interesting wellness activities to local commands and their families. The council meets the second Thursday of every month at 1 p.m. in the Health Promotion classroom.

Please submit your request chit through your chain of command, noting NAVSTA Newport Instruction 6100.3C.

For more information, please call Health Promotion at 841-6777.



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Mess specialist Sailor of the Year

By JOY CHRISTMAS
NAVSTA Public Affairs Staff

Mess Management Specialist First Class (Surface Warfare) Wade L. Griffith, was recently honor for his selection as the 2001 Senior Sailor of the Year at Naval Station (NAVSTA) Newport.

His selection advanced him for competition for Sailor of the Year for Navy Region Northeast, for which he was awarded the Navy and Marine Corps Achievement Medal, from Rear Adm. Michael C. Tracy, Commander, Navy Region Northeast.

Presently assigned as leading

mess management specialist at Ney Hall Galley, Petty Officer Griffith was lauded for exemplary execution of his duties while serving as assistant food service officer, Navy Region Northeast Storefront from June to December 2001.

Petty Officer Griffith's leadership and team-building dynamics made a dramatic impact for improved food quality and service. His contributions were



MS1 Griffith

instrumental in Ney Hall's consecutive selection as a premier "Five Star" dining facility in the 2001 Capt. Edward F. Ney Memorial Awards Program in recognition of excellence in all aspects of food service.

Hand-selected as NAVSTA Newport's Command Career Counselor, Petty Officer Griffith volunteered countless hours developing career plans and processing correspondence necessary to help his shipmates enhance their career.

In addition to these duties, Petty Officer Griffith also served

GRIFITH, Page 13

Boatswain's mate is top junior Sailor

By JOY CHRISTMAS
NAVSTA Public Affairs Staff

Boatswain's Mate Third Class Daniel P. Gallagher has been selected as the 2001 Junior Sailor of the Year at Naval Station (NAVSTA) Newport.

Assigned to the Port Operations Division, Petty Officer Gallagher was also nominated for competition as Navy Sailor of the Year for Navy Region Northeast, for which he was awarded the Navy and Marine Corps Achievement Medal, from Rear Adm. Michael C. Tracy, Commander, Navy Region Northeast.

Serving as Port Operations Piermaster from January to

December

2001, Petty Officer Gallagher meticulously coordinated all ship arrivals, departures and shore services during port visits to Pier Two.

As the department safety petty officer, Gallagher created a training plan and self-assessment, resulting in zero safety mishaps for FY01.

In addition he was commended for voluntary support services as honors boatswain's mate at graduations, retirements and other major events through-



BM3 Gallagher

out Navy Newport.

Anative of South Philadelphia, Pa., Petty Officer Gallagher enlisted and entered in the Navy in December 1995. Upon completion, he reported to the amphibious assault ship USS Tarawa in San Diego, Calif., until June 2000. He reported to NAVSTA Newport in August 2000.

In his spare time, Gallagher enjoys volunteering in support of area charitable events and non-profit service organizations.

The son of Daniel and Mary Ellen Gallagher, also of Philadelphia, Petty Officer Gallagher lives in Middletown with his wife Denise, and their daughter, Lauren.

What's going on

Rug show to unroll

MIDDLETOWN—Mike McRee and his crew from The Caravan Connection return this weekend to Middletown High School for the Newport Officer Spouse Club sponsored Oriental Rug Show and Sale.

Hundreds of beautiful, authentic Oriental rugs, in a variety of patterns and traditional colors, an all handknotted, will be displayed across the school's cafeteria floor, Saturday and Sunday from 10 a.m. to 5 p.m. Admission is free and a drawing for a door prize will be held.

The annual show benefits local charities.

At noon each day, McRee will give a 20-minute lecture on these traditions and workmanship of these practical works of art.

The carpets may be purchased cash and carry, or special orders may be arranged.

TODAY, March 1

•Third annual Kinsale, Ireland, Festival of Fine Food, at participating Newport restaurants, through March 3. For more information, go to www.GoNewport.com

•"The Children's Hour" by Lillian Hellman, Salve Regina University theater department, Mercy Hall, through March 2, 8 p.m., plus Sunday, March 3, 3 p.m. Tickets \$8

•Recreational Vehicle and Camping Show, Rhode Island Convention Center, Hundreds of different RVs representing 50 different makes and models, 1 to 10 p.m., continues through March 3.

•Armed Services YMCA:

— Gallery Glass, make special spring projects or choose from other patterns, first of two sessions, \$15, 10 a.m. to noon.

Scrapbooking, create beautiful memories with your snapshots, 6 p.m. to midnight.

— Big Kids (girls only) sleepover. Have fun with the rest of your "big kid" girlfriends, ages 5 and up, dinner and breakfast included, \$12, 7 p.m. to 8:30 a.m.

• Intermediate Weight Training for Women," 9 to 10:30 a.m., Monday and Wednesday, Gym 109. Learn basic nutrition and calorie consumption, how to burn fat not muscle, how to correctly use free weights/bars/plates/benches, and much more. Cost is just \$10 per person for the six-week class. For more information or to register, contact fitness staff at Gym 109, 841-3154.

• "Fitness Walk and Tone," 8:30 to 9:30 a.m., Gym 109. New program designed for patrons age 50 and up. Class consists of stretching, muscle toning exercises and a 20-plus minutes of fitness walking around the gymnasium. Classes will be held Monday and Thursday. Cost is \$5 for five weeks! For more information, call the fitness staff at 841-3154.

• Lunchtime Bingo, noon to 1 p.m., at the Recreation Center, Building 656! New game every 10 minutes. Cost is \$1 each (three cards on a strip) Winners receive \$30 cash prizes! Jackpot coverall game starts 12:30 p.m. Win \$500 if a coverall Bingo is called within the first 50 Bingo numbers! If no winner, game continues until Bingo is called. Winner will win \$100, and \$10 and another number is added to next week's jackpot game. Also Thursdays.

• Movies at Recreation Center, Building 656, Shown all week upon request 5 p.m.



CARPET COMMENT — Mike McRee, owner of the Caravan Connection, explains the workmanship in an oriental carpet at last year's Caravan Connection Rug Show and Sale at Middletown High School. The show will return this weekend.

to closing, *Hearts in Atlantis* (PG13) and *From Hell* (R). Other movies are available and may be shown upon request.

• Fitness Equipment Orientation for proper/safe use of Nautilus equipment, cardiovascular machines and the free weights, every Monday, Wednesday and Friday mornings at 8, 9 and 10 a.m., FIT-NESS Plus, Building 355, Monday, 8 a.m., Nautilus (upper body), 9 a.m.; Nautilus (lower body), 10 a.m., cardio/free weights; Wednesday, 8 a.m., Nautilus (lower body), 9 a.m., cardio/free weights, 10 a.m., Nautilus (upper body); Friday, 8 a.m., cardio/free weights; 9 a.m., Nautilus (upper body); 10 a.m., Nautilus (lower body). For more information, please visit or call FITNESS Plus at 841-1474.

• Caravan Connection, Oriental Rug Show and Sale, sponsored by Newport Officer Spouse Club, Middletown High School, Valley Road, 10 a.m. to 5 p.m. Free admission; lecture at noon.

• Recreational Vehicle and Camping Show, Rhode Island Convention Center, Hundreds of different RVs representing 50 different makes and models, 11 a.m. to 10 p.m., continues through March 3.

• Kindermusik at Armed Services YMCA, spring semester runs every Saturday through June 8, for newborns to age 5. Call Terriann Lane at 846-1331.

SUNDAY, March 3

•Newport Navy Choristers concert, Spruance Hall, Naval War College, 4 p.m. Call 847-6117 to reserve tickets if you do not have base access credentials.

• Caravan Connection, Oriental Rug Show and Sale, sponsored by Newport Officer Spouse Club, Middletown High School, Valley Road, 10 a.m. to 5 p.m. Free admission; lecture at noon

• Recreational Vehicle and Camping Show, Rhode Island Convention Center, Hundreds of different RVs representing 50 different makes and models, 11 a.m. to 6 p.m.

• Chapel of Hope worship services: —Catholic mass, 9 a.m. and noon. —Protestant Services, 8 and 10:30 a.m.

• Sunday Bowling, \$7 per hour, Seaview Bowling Lanes, Building 656 - Gather your friends or family and head over for hours of fun every Sunday. Shoe rental is free for children under 12 and bumper bowling available, making this Sunday outing affordable for everyone! Two-person minimum per lane. In addition, the bowling center also has two pool tables, video games and cable TV for your favorite programs or sporting events. For more information, call the Bowling Center at 841-4293.

MONDAY, March 4

• Job Fair 2002, sponsored by Fleet and Family Support Center, 9 a.m. to 2 p.m., Hyatt Regency Hotel, Goat Island. Open to all separating, retiring, retired, reserve military personnel, their family members and Department of Defense personnel, the fair will feature employers from such fields as health care, manufacturing, office services, technical, professional, financial services and hospitality industry. Job seekers should come with copies of resumes and dressed in interview attire. Call 841-2283.

— Fitness Hour, 9 to 10:30 a.m. — Kids Sewing No. 2 with Miss Eileen, 3:30 to 5:30 p.m. Gallery Glass, make special spring projects or choose from other patterns, second of two sessions, \$15, 10 a.m. to noon. — Adult Beginner Sewing No. 4, noon to 3 p.m.

TUESDAY, March 5

• Armed Services YMCA: —Fitness Hour, 9 to 10:30 a.m. —Scrapbooking, create beautiful memories with your snapshots, 9 a.m. to noon. Lovers Night Out, 6 to 9 p.m.

• Investing in Your Future Workshop, 6:30 to 8:30 p.m., Fleet and Family Support Center — Basic information on mutual funds, IRAs, 401ks, college tax credits and more will be presented. For more information, call 841-2283.

• Free movies at Officers' Club, 6 p.m., *Behind Enemy Lines* (PG-13); 8 p.m., *The Last Castle* [R]

WEDNESDAY, March 6

• Armed Services YMCA: —Parents Time Out, 9 a.m. to noon. —Kids Sewing No. 2 with Miss Eileen, 3:30 to 5 p.m.

THURSDAY, March 7

• Surviving Your Adolescents, Part 1, Fleet and Family Support Center, 11:45 a.m. to 1 p.m. Call 841-2283.

• Armed Services YMCA: —Fitness Hour, 9 to 10:30 a.m. —Knitting, 10 a.m. to noon.; Learn to make beautiful hand-knitted items —Li'l' Chefs. Come to the ASYMC and cook up some delicious treats to eat, 11 a.m. to noon.

— Kids Sewing, No. 2, 2:30 to 4 p.m., and 4 to 5:30 p.m. —Adult Beginner Sewing, No. 1, 6 to 9 p.m.

Upcoming: March 1— Armed Services YMCA: —Fitness Hour, 9 to 10:30 a.m. March 16 — Newport St. Patrick's Day Parade, 11 a.m. from City Hall, Broadway to St. Augustine's Church. Mile-long trek featuring military, local fire and police department, bagpipers, local high school bands, clowns, civic groups and more.

On base movies

Officers' Club—Tuesday, March 5 at 6 p.m., *Behind Enemy Lines* (PG13); 8 p.m., *The Last Castle* (R).

Recreation Center — Beginning tonight the following movies will be shown upon request, nightly starting at 5 p.m.: *Hearts in Atlantis* (PG13); *From Hell* (R). Other movies are available and may be shown upon request.

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The Newport Daily News

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Naval Station Newport Clubs

BINGO is now even better

Lunchtime BINGO at the Recreation Center, Building 656 is the place to be every Thursday and Friday. Cover all the numbers on your BINGO card within the designated amount of numbers called and you will win \$300!

If no one wins, play continues until a good BINGO is called, winning that lucky person \$75!

Don't forget, if the jackpot isn't won another \$10 and another number is added for the next week—making the stakes even higher and the prize even richer! And the Friday Jackpot is still growing—currently over \$550, so you won't want to miss the 12:30 p.m. Jackpot game on either day!

There are still three regular games each day with \$30 prizes for every BINGO called and the Recreation Center serves lunch beginning at 11 a.m., so, bring your appetite for delicious food AND winning.

For more information or to order take out, call the Recreation Center at 841-2575.

Officers' Club

Kick off the weekend tonight from 5 to 7 with complimentary hors d'oeuvres in the Topside Pub. This buffet is kept well stocked with a variety of your buffet favorites and a huge selection of beverages.

For more information, call 846-7987.

You'll feel lucky as a leprechaun if you purchase tickets to a spectacular pre-St. Patrick's Day Dinner Show on Friday, March 15, at the Officers' Club. This special evening of fine dining, music and dancing features a traditional Irish buffet and music by *Anything Goes*.

Start the night with a cocktail (cash bar) and some delicious Blarney beer cheese and crackers at 6 p.m. Next, enjoy a crock of hearty Dublin split-pea soup, shamrock salad, Irish soda bread, an abundant, all-you-can-eat Irish buffet including corned beef and cabbage, Irish stew and more!

Top it all off with a visit to our Irish coffee station for your individually-made Irish coffee created with Old Bushmill's Irish Whiskey and Bailey's Irish Cream. Decadent desserts are also included in this marvelous March event!

After you eat, put on your dancing shoes and get ready to kick up your heels until the wee hours of the morn to the fabulous sounds of *Anything Goes*. Tickets must be purchased in advance and cost just \$22.95 each, including gratuity. Order by phone

(Visa/MC only) at 846-2515 or visit the O'Club Gift Shop in Building 95 today!

Crab-Is-King at the Officers' Club during this semi-annual feast! Purchase your tickets today, and you'll be enjoying a crab-lover's feast featuring dozens of mouth-watering crab delicacies on Friday, March 22!

Start your evening with delicious, homemade thick-with-crab bisque. Next, build yourself a fresh tossed salad from our super salad bar (includes crab salad) while your server brings loaves of warm rye bread — dig in!

Then, visit the buffet table and help yourself to crab cakes with zesty lemon sauce, crabmeat lasagna, crab del ray, stuffed crab legs, and, of course, Alaskan king crab legs!

That's not all. This incredible buffet also features thin-sliced top round of beef au jus with whipped horseradish sauce, chicken parmesan, fresh vegetables al dente, and the best scalloped potatoes around!

Seating times are available from 5:30 to 9 p.m. and must be confirmed at time of ticket purchase. Tickets cost just \$30.95 for adults, \$11.45 for children 4-12 and all tickets include gratuity. You must purchase a ticket in advance, so get yours today!

Call 846-7987 for your tickets.

The Officers' Club has announced the dates for the 2002 Dinner Show series. All shows feature lively entertainment from premiere local bands and a spectacular gourmet menu. Advance tickets are required for all shows and are currently on sale at the Officers' Club.

Ticket prices include gratuity. The remaining shows are:

March 15, *Anything Goes* (traditional Irish buffet), \$22.95 per ticket

April 19, *Ronnie Rose Band* (gourmet menu), \$24.10 per ticket.

Tickets may be purchased at the Officers' Club Gift Shop or by phone (Visa/MC only) by calling 846-7987 during normal hours of operation. For more information, contact the Officers' Club.

The Topside Pub offers great, low-cost specials every night of the week! Don't miss a terrific double meal deal every **Monday and Tuesday** night from 5:30 to 8 p.m. Pasta Nights feature all-you-can-eat fresh cooked pasta, salad and warm garlic bread.

Get over the mid-week blues on **Wednesdays** with free sliced beef from 5 to 7 p.m. Buy a beverage of your choice and receive a "free food token" good for two free sliced beef sandwiches.

Every **Thursday** night, from 5

to 7 p.m., join your friends at the Topside Pub for lobsters for happy hour. You can get one-plus pound boiled lobsters, GIANT baked potatoes, hot and spicy wings and fresh garden salads for super prices you won't find anywhere else! It is a meal fit for a king or queen at a great price!

The pub opens at 4 p.m. Monday through Saturday. For more information, call 849-3693.

Enlisted Lounges

What about lunch? Stop by the Recreation Center, Building 656, today and get a delicious lunch at a price that can't be beat!

The kitchen opens at 11 a.m. and serves sandwiches, burgers, soups and salads. We've got the best creamy white, New England-style clam chowder around.

You can still enjoy a complete steak dinner including potato and salad, on Thursdays and fresh, delicious fish and chips on Fridays. Lunch is open to all hands and Department of Defense civilians are always welcome. Call 841-3054, for advance orders or for more information.

Every Friday — Enjoy complimentary unlimited use of the

pool tables from 1 to 5 p.m. Head over early and enjoy a delicious lunch including a fish n' chips special.

The lunch menu also includes sandwiches, burgers and more. For more information or take-out orders, call 841-3054.

Visit the Enlisted Lounges at the Recreation Center, Building 656, every night of the week for great money-saving specials! Order off our delicious pub menu every Monday or come in on Tuesday and create the perfect taco using all your Wake up your Wednesday with "Wild Wings!"



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Animal house

Dave Marchetti of Animal Experiences of East Providence brought a variety of reptiles, amphibians and other animals to show children at the Armed Services YMCA.

Marchetti said his traveling zoo focuses on the hands-on approach to learning about animals and his collection is very tolerant of being handled.

He brought 18 animals to the ASYMCA.

TOP: Nigel Danzy holds a baby American alligator;

ABOVE RIGHT: Bailey Bednarski, held by his father Tyler Bednarski, is not quite sure about a California king snake around his neck;

FAR RIGHT: Madison Spratto, 5, cuddles with a chinchilla;

RIGHT: Sophia Newby, 2 1/2, explores the tough shell of a box turtle.



Ron Fontaine
U.S. Navy photos

USS Carney makes Newport port of call



THE GUIDED missile destroyer USS Carney, shown in file photo, is in Newport this week as schoolship for the Surface Warfare Officers School Command.

A CLASS OF ensigns in the Basic program at the Surface Warfare Officers School Command gets a briefing from their instructor pierside before boarding the USS Carney, background.

Ron Fontaine/
U.S. Navy photos



Visiting destroyer vigilant during schoolship tours

By KATE WHIDDEN
Navallog contributor

A week-long Newport layover was a welcome break for the crew of the guided missile destroyer USS Carney, an Arleigh Burke class destroyer, which arrived at the Naval Station Newport's Pier Two last Sunday.

In the months after Sept. 11, the ship was deployed off the coast of Florida during Operation Noble Eagle as part of the Commander in Chief, U.S. Atlantic Fleet's coastal defense shield. After departing from Florida, the USS Carney underwent a training exercise off the coast of Puerto Rico until returning for the holidays in her homeport of Mayport Fla.

From January through most of



NOW HEAR THIS—Hull Technician First Class Availer Fowlkes mans the radio from the ship's quarterdeck.

February the ship underwent more training exercises off Yorktown and Norfolk, Va. until arriving in Newport earlier this week.

"We severely augmented our security forces. Instead of having just two people on watch at a time now we have up to 12," said Lt. j.g. Josh Ali, public affairs officer.

Though deck and pier side security measures under force protection guidelines remain tight this week, she lowered her brow to Surface Warfare Officers School Command (SWOSCOL-COM) students as a schoolship.

For many of the ensigns gathered on the pier it was their first time aboard one of the most powerful warships in the world.

Tours were given to SWOS Basic, Department Head, engineering and other students, including prospective commanding and executive officers.

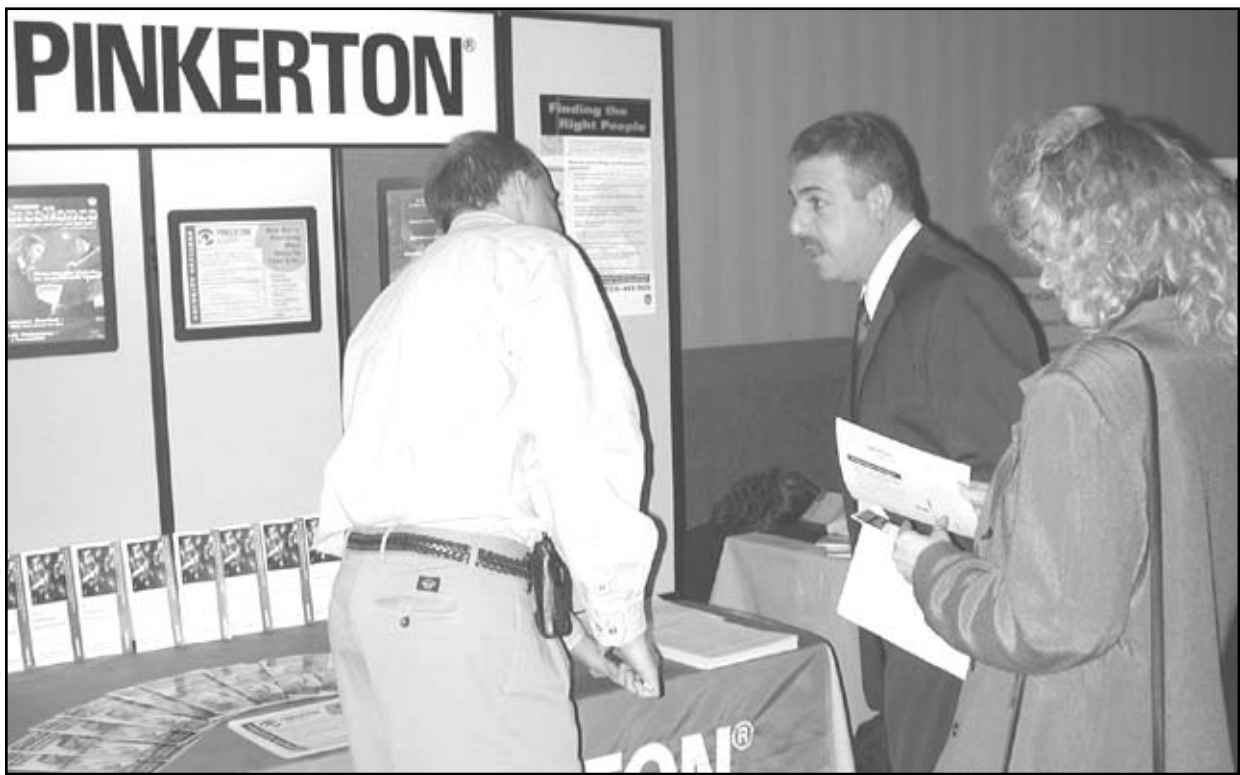
The USS Carney is well armed
USS CARNEY, Page 13



QUARTERMASTER Third Class Brian Scurr prepares charts on the bridge for the ship's return to Mayport, Fla.



MESS MANAGEMENT Specialist First Class (Surface Warfare) Vinson Flournoy ladles some macaroni and cheese for lunch in the Carney's galley.



MAKING CONTACTS — Retired Chief Damage Controlman Tony Farese and his wife, Melissa, talk to a Pinkerton Security representative at the Fleet and Family Support Center's Job Fair 2001 at the Hyatt Regency Hotel last year. The job fair will return on Monday from 9 a.m. to 2 p.m.

Fleet and Family Support Center

Make contacts at Job Fair 2002

Do not miss out on Job Fair 2002, on Monday, March 4, from 9 a.m. to 2 p.m., at the Hyatt Regency Hotel on Goat Island in Newport.

The Job Fair is open to separating or retiring personnel, active duty personnel, reservists, veterans, members of the National Guard, military spouses, and Department of Defense employees. Participants in the Job Fair are encouraged to bring at least 20 copies of their resumes, and should dress in attire suitable for a job interview.

Job Fair 2002 is designed specifically for people who have involvement with the military. Several employers, including those from national companies, will be on hand. Some of the companies include: ADECCO (a job placement agency); Conanicut Marine Services; Interim Health

Care; International Brotherhood of Electrical Workers No. 99; KAMAN Aerospace Corporation; United States Postal Service; Veterans' Administration Medical Center; and Cox Communications, to name a few.

For more information, please call the Fleet and Family Support Center at 841-2283.

Investing in Your Future — Capitalize on your financial future by attending the Investing In Your Future workshop offered on Tuesday, March 5, from 6:30 to 8:30 p.m., at the Fleet and Family Support Center. The presenter for the workshop is Julie Reed, a retired Navy Master chief radioman and a registered principal for a local investment firm.

A variety of information is presented, including facts about mutual funds, IRAs, college tax credits, 401Ks and educational

IRAs for your children.

Call 841-2283 to register.

Surviving Your Adolescents — Adolescence can be a challenging time for parents. Learn about stages of normal adolescent development and how to identify potential problems, including when to seek professional help for your adolescent. Part one of this informative two-part workshop will take place at the Fleet and Family Support Center on Thursday, March 7 from 11:45 a.m. to 1 p.m. Part two is scheduled for March 14 from 11:45 a.m. to 1 p.m. Registration is required and may be made by calling 841-2283.

Home By Myself — The Home By Myself Program will be held at the Fleet and Family Support Center on March 21, from 3 to 6:30 p.m. Skills for children who may be left alone at home will be presented. Fire and police safety tips, basic first aid, and role-playing will be part of the program. A pizza party and certificate presentation will follow. Children must be accompanied by an adult.

By 2002 all children under the age of 13 living in Naval Station housing must complete this program before being left alone in Navy housing. Completion of this program does not certify that children are capable of staying home alone; that remains a parental decision. Registration is required and may be made by calling 841-2283.

Accounting Service; Veterans' Administration; Naval Ambulatory Care Center; Rhode Island Department of Elderly Affairs; and the Secretary of the Navy Committee on Retired Personnel.

In addition to the guest speakers, many organizations will have information booths in the foyer.

For more information, contact Mary K. Silvia, Director, Fleet and Family Support Center, at (401) 841-2283.

Job Fair 2002 targets military

The Fleet and Family Support Center invites all military members to Job Fair 2002 on Monday, March 4, from 9 a.m. to 2 p.m., at the Hyatt Regency Hotel on Goat Island in Newport.

The Job Fair is open to separating or retiring personnel, active duty personnel, reservists, veterans, members of the National Guard, military spouses, and Department of Defense employees. Participants in the Job Fair are encouraged to bring at least 20 copies of their resumes, and should dress in attire suitable for a job interview.

Job fairs are a unique opportunity for individuals to meet employers from several different fields in one convenient location. Participants skip the

lengthy process of sending out resumes and waiting for replies. Job Fair 2002 is set up specifically for people who have involvement with the military.

Job Fair 2002 will feature employers from several different fields, including health care, manufacturing, office services, technical, professional, financial services, and hospitality industries.

Employers are welcome to participate in the Job Fair. Interested employers or anyone with questions about the Job Fair should contact the Fleet and Family Support Center at (401) 841-2283. There is no cost to participate in Job Fair 2002 for employers or for those seeking employment.

Health Promotion Department

Healthy heart classes just may save your life

The statistics about heart disease are alarming, and heart-breaking.

More than 63 million Americans suffer from some form of cardiovascular illness. Nearly one out of every two adults dies of heart-related disorders; more than 700,000 each year in the U.S. alone.

That's more than AIDS and cancer combined. It's our nation's number one killer! Your heart health largely depends on you, through the choices you make, the habits you adopt, and the lifestyle you lead.

February was Healthy Heart Month and as of last fall the Health Promotion Department has offered a "Healthy Heart" class for all those who have either high blood pressure, and/or high cholesterol.

This one hour comprehensive class covers topics including fac-

tors contributing to the disease process, such as family history, age, gender, lifestyle, other existing illnesses. We focus on preventative measures such as incorporation of exercise with doctors' supervision, changes in eating habits by limiting fat and salt intake, smoking cessation, weight loss management, and stress management.

Examination of individual readings and explanation of lab values is also part of our class, leaving the student with a better understanding of what they need to do in order to potentially change those numbers.

The class is open to all active duty, family members, and DOD employees, and is held twice monthly in the Health Promotion classroom. Please call our department to register at 841-6777.

Assistance

Tax preparation service offered

Federal income tax preparation assistance and electronic filing is available by appointment through the Naval Legal Service Office through April 15. This is a free service for active duty military members, retired military members, and dependents of active duty or retired military members.

Appointments for all personnel will be available at the Naval Legal Service Office, but some appointments will also be available at remote tax centers at Surface Warfare Officers School and the Naval Ambulatory Care Center for personnel assigned to those commands.

For more information, or to schedule an appointment, contact the Naval Legal Service Office at 841-3766 ext. 200.



PHC (AW) Jon Hockersmith/U.S. Navy photo
HORNS OF PLENTY — Musician Second Class Jonathan Ward, left, and Musician First Class Scott Foote add the trombone sound to Navy Band Northeast's first concert of its Spring Recital Series last Sunday at Pringle Hall, Naval War College. The concert, 'An Afternoon of Brass,' featured the band's Brass Ensemble.

Ticket Connection

Get into swing of things!

Get ready to swing into spring as you learn up to six different dances with ballroom dance classes!

An eight-week session of lessons is scheduled to begin on Wednesday, March 6, at the Knights of Columbus Hall on Valley Road, Middletown, RI. Classes will be held on Wednesday evenings through April 25 at the following times:

7 to 8 p.m., Beginner American Class (waltz, fox-trot, swing)
8 to 9 p.m., Beginner Latin Class (rumba, cha-cha, tango)
Cost is \$48 per person for eight, 1-hour classes and \$80 per person for eight 2-hour classes. No prior experience is necessary, singles are welcome and the dress is casual. So, get out your dancing shoes and "trot" over to the Ticket Connection, Building 656, to sign up today! Call 841-3116 for further information.

We love New York, and so will you!

There's no city on Earth like the Big Apple and the Morale, Welfare and Recreation Department Ticket Connection is going to take you there on Saturday, April 13!

Shop for the latest spring fashions, visit the newest exhibit at a museum, or catch a Broadway show for half-price with tickets from the Times Square ticket booth—the choice is yours! Trip price is just \$43 per person and the bus will depart at 7 a.m. from the grassy area outside of Gate 4 and is scheduled to return at approximately 11 p.m. Register at the Ticket Connection, Building 656, or call 841-3116 for more information.

See 'The Producers' in New York

The MWR Ticket Connection has your ticket for a fabulous trip to see the Tony Award-winning Broadway phenomenon, *The Producers*, on Sunday, Nov. 10! Our seats are in a prime location in the mezzanine section of the theater, ensuring you a fabulous view of this riotous production.

This trip would make a terrific gift for anyone and it WILL sell out, so get your tickets early! Trip price is just \$160 per person and includes round trip motor coach transportation and a ticket to the 3 p.m. matinee performance.

Reserve your spot with a 50 percent deposit (balance is due Oct. 4) at the Ticket Connection Office, located in the Recreation Center, Building 656 today!

For more information, visit the Ticket Connection Office or call 841-3116.

Raytheon notes link with Battleship Cove

PORTSMOUTH — Raytheon Company's Naval and Maritime Integrated Systems (N&MIS) business unit recognized an educational program at Battleship Cove, Fall River, as its premier community relations program for 2001.

The Raytheon Inspiring Technology Exploration (RITE) Program was acknowledged as a gold (the highest level) winner in community relations at the annual "Excellence in Communications" awards program.

The RITE program was developed in 2001 to introduce Rhode Island and Massachusetts teachers to math, science, technology, the history of technology development and service careers through a teacher externship,

pro-active student programs, and curriculum outreach that provides hands-on experiences within real world settings.

"We are very proud of the RITE Program," said Dan Smith, vice president and general manager of N&MIS. "Our partnership with Battleship Cove and the teachers has resulted in a program that draws on the technical excellence of our employees to have a positive and lasting impact on the educational experience of the area youth. The program also reflects the proud heritage of N&MIS' primary customer: the United States Navy."

For more information, contact (508) 678-1100 or www.battleshipcove.org.

 Prudential http://www.prudentialprime.com (web site) prime@prudentialprime.com (E-mail) 136 West Main Rd., Middletown • 849-2800		
NEW LISTING  Portsmouth - Rt. 138 East Main Road - Zoned commercial, located in enterprise zone, excellent for retail, office. 1,080 sq. ft. building with room for expansion. Great visibility. \$260,000. Call Dave McCauley 849-2800x219 or 862-6206. #201711	NEW LISTING  Portsmouth - Zoned commercial and located in the enterprise zone. Victorian farmhouse with a detached 3 car garage with electricity and gas. Presently used as an antique store. Ample parking. \$175,000. Call Paul Tobak 849-2800x238 eves. 849-7171. #201260	OAKLAND FARM CONDO  Exquisite professionally decorated contemporary with 3 bedrooms, 3 baths, many custom features, and private setting. Offered at \$470,000. Call Phyllis Joslin 849-2800x215 eves. 846-6544. #200988
NEWPORT  The warmth of fine wood can be seen in the floors, woodwork, built ins, and built-in party of this four bedroom Victorian. The large walk up attic has great expansion possibilities. Enjoy the Secret Garden. Offered at \$210,000. Call Rich or Patricia Carrubba 849-2800 Ext. 226/227 eves. 845-2574. #114888	MIDDLETOWN  Five room, 3 bedroom ranch w/vinyl siding, breezeway, small sunroom, deck, hardwoods, full basement, 1 car garage, and nicely landscaped 10,000 sq. ft. corner lot. \$169,500. Call Tom Mac Neil 849-2800x260 eves. 846-0949. #118031	NEWPORT  Well maintained two bedroom on exclusive Bellevue Ave. Swimming pool, basement storage on floor laundry. Walk to everything. No pets. \$170,000. Call Art Weber 849-2800x254 eves. 849-3547 or Barry Clark 849-2800x222 eves. 87-8266. #200605
MIDDLETOWN  Custom home to be built by one of the island's most reputable builders in desirable Ocean Ridge. Additional upgrades/options available for the early buyer. Late summer availability. \$445,000. Call Art Weber 849-2800x254 eves. 849-3547 or Barry Clark 849-2800x222 eves. 847-8266. #117773	NEWPORT  Wonderful Victorian offers over 3,500 sq. ft. of living on 11,000 sq. ft. lot. Great Bed & Breakfast potential. New garage and apartment above. Many recent improvements, although a lot of original detail still remains. Offered for sale at \$478,000. Call Michelle Gilman 849-2800x240. #118077	LOCATED IN A QUIET  Middletown neighborhood near Newport line. Newly fenced large yard affords privacy. Three bedrooms, two baths, large family room. Offered at \$249,000. Call Sally Jenkins 849-2800x221 eves. 847-6801. #111721
NEWPORT MULTI-FAMILY  3 bedrooms + 2 bedroom unit, 4 levels of living space, up-graded utilities, off-street parking. \$230,000. Call Karen O'Brien 849-2800x235 eves. 849-4888. #106653	MIDDLETOWN  Located in prestigious Easton's Point. Small ranch with magnificent views of Ocean Drive and mansions. Expansion Potential. \$248,000. Call Barry Clark 849-2800x222 eves. 847-8266 or Art Weber 849-2800x254 eves. 849-3547. #106070	LOT FOR SALE  Portsmouth - Approximately 1 acre, 3 bedroom approved septic design. \$89,500. Call Dave McCauley 849-2800x219 or 862-6206. #001292

Sports

Consistency problems cost NAPS in 3 games

By LT. CMDR. T ALLVORD
NAPS Athletic Director

The Naval Academy Prep School (NAPS) men's basketball team had another exciting week of basketball as they hosted St. Thomas More on Feb. 12, visited Roxbury Junior College in Massachusetts on Feb. 14, and then traveled to Military Academy Prep School on Feb. 16.

The young Rams had good times and some lapse times as they continue to struggle with consistency in their game.

Against a very talented St. Thomas More team of New London, Conn., the Rams fell behind on some quick turnovers that led to St. Thomas getting off to a 12 point lead and the NAPsers never recovered.

Balanced inside scoring by Matt Green and Triston Redmon and a good defense in the half-lifted Navy's spirits, they were without their full team because of academic difficulty with three players.

St. Thomas More ruled, 77-55. On Feb. 14, the Rams traveled to Boston to take on the Roxbury team that is defending national junior college champs and rated very highly in this year's poll.

In an unusual game situation, the Rams jumped out to a lead, then lost it, and then fell into a nip-and-tuck affair the whole way to the wire.

"Some very unusual clock situations added to a very competitive game and kept us all guessing on what was going on," Coach Dave Slady said.

"We played hard and did a good job of protecting the ball the second half. We turned it over in the first half, but got our shots for the most part in the second and that helped us. We just ran out of time for the win."

Roxbury slipped by, 68-67. Kelvin Boatner, Adam Hudson, and Redmon all had double figures and played well.

On Feb. 16 the Rams faced a very hostile and loud crowd at the U.S. Military Academy Pep School in Ft. Monmouth, N.J. The Rams faced the fired up Army guys and after a quick start started to get rattled. The Golden Knights took full advantage of the whole environment and blitzed the NAPS team for a 17 point lead.

The NAPsters turned the ball over in the loud environment 25 times in the first half and fell into



PHC (AW) Jon Hookersmith/U.S. Navy photo

UP FOR TWO — Naval Academy Prep School's Kevin Boatner (10) rises for a jump shot against the Community College of Rhode Island defenders at Gym 302 on Feb. 21. The Knights won, 88-68.

a doldrum.

In the second half, the Rams got back on track and used their superior height to get the ball inside and actually ended the game with seven dunks. But MAPS prevailed, 87-67.

"We played with much more fire in the second half which was encouraging and I hope we learned that in the big rivalries you have to keep focused from the word go!" Sladky said. Redmon and Jeff Daisley led the Rams with double figures and Dave Hooper had nine points, also.

The Rams had their final home game Feb. 21 with Community College of Rhode Island, and then traveled to Maine last weekend

for battles with Maine Central Institute in Pittsfield and Bridgton Academy in Maine.

NAPS lacrosse

March 2, University of Massachusetts, Dartmouth, Prichard Field, 1 p.m.

March 13, Salve Regina University junior varsity, Prichard Field, 4 p.m.

March 20, Bridgeton Academy, Prichard Field, 3:30 p.m.

March 26, Acton Academy, Prichard Field, 4 p.m.

March 29, at U.S. Naval Academy junior varsity, Annapolis, Md., 6:30 p.m.

April 10, at Mitchell College, New London, Conn., 4 p.m.

Recreation

Be a treadmill 'Trek' star

Need to spice up your treadmill workout? Try trekking—a new, total treadmill workout, coming to Fitness Plus, Wednesday, March 6! Trekking is a group fitness class set to music, designed for runners, walkers and people of all fitness levels!

This class will meet Wednesday mornings from 6 to 7 a.m. and is limited to the first six participants. For more information, contact Fitness Plus at 841-1474.

Try our new flow yoga class

Stressed out with your daily routine? Looking for something to help you relieve stress and relax? Then you will want to register today for a new, dynamic "Vinyasa" (flow) yoga class, beginning on Wednesday, March 13.

This class will take participants through a series of poses with particular emphasis on using breath to guide movement. Students will learn the Ujjayi breathing technique and proper posture alignment while enjoying a vigorous cardiovascular workout. Special attention will be directed towards postures that aid in athletic activities.

Kristen Wilkes, a certified Yoga instructor and a licensed dietician at the Naval Ambulatory Care Center, will teach the class. The six-week session costs \$60 and classes are held from 4:45 to 5:45 p.m. in the Aerobics Room at Fitness Plus, Building 355.

A minimum of 10, pre-registered participants is needed for classes to begin and all participants must have a yoga mat by the first class. Mats may be purchased at Fitness Plus for \$18 during normal hours of operation. For more information, or to pre-register, call Fitness Plus at 841-1474.

Register youth for spring sports

Does your child athlete have the winter blues? Cheer up, the spring sporting season is just around the corner! Soccer, t-ball and coach-pitch baseball registrations are being accepted at Gym 109.

T-ball is open to children ages 4 to 5 and youth ages 6 to 8 may register for coach-pitch baseball. Soccer registration is open to ages 4 to 12. All games are held on Saturday mornings, beginning April 6 and ending on June 15. Cost is \$25 per child for either the baseball or soccer league, and the registration deadline is Friday, March 15. Soccer skill evaluations will take place in March. Register at Gym 109 from 8 a.m. to 4 p.m., Monday through Friday, or call Karen Ferris at 841-3293 for more information.

Water aerobics makes fitness a weekly splash!

Splash into better shape with the refreshing fitness benefits of water aerobics! Classes are held every Tuesday and Thursday from 4:45 to 5:45 p.m. at Pool 307.

Cost is just \$3 per class or, buy a \$25 punch card and get 10 classes plus one free class! For more information, call Pool 307 at 841-6628.

Intramural basketball

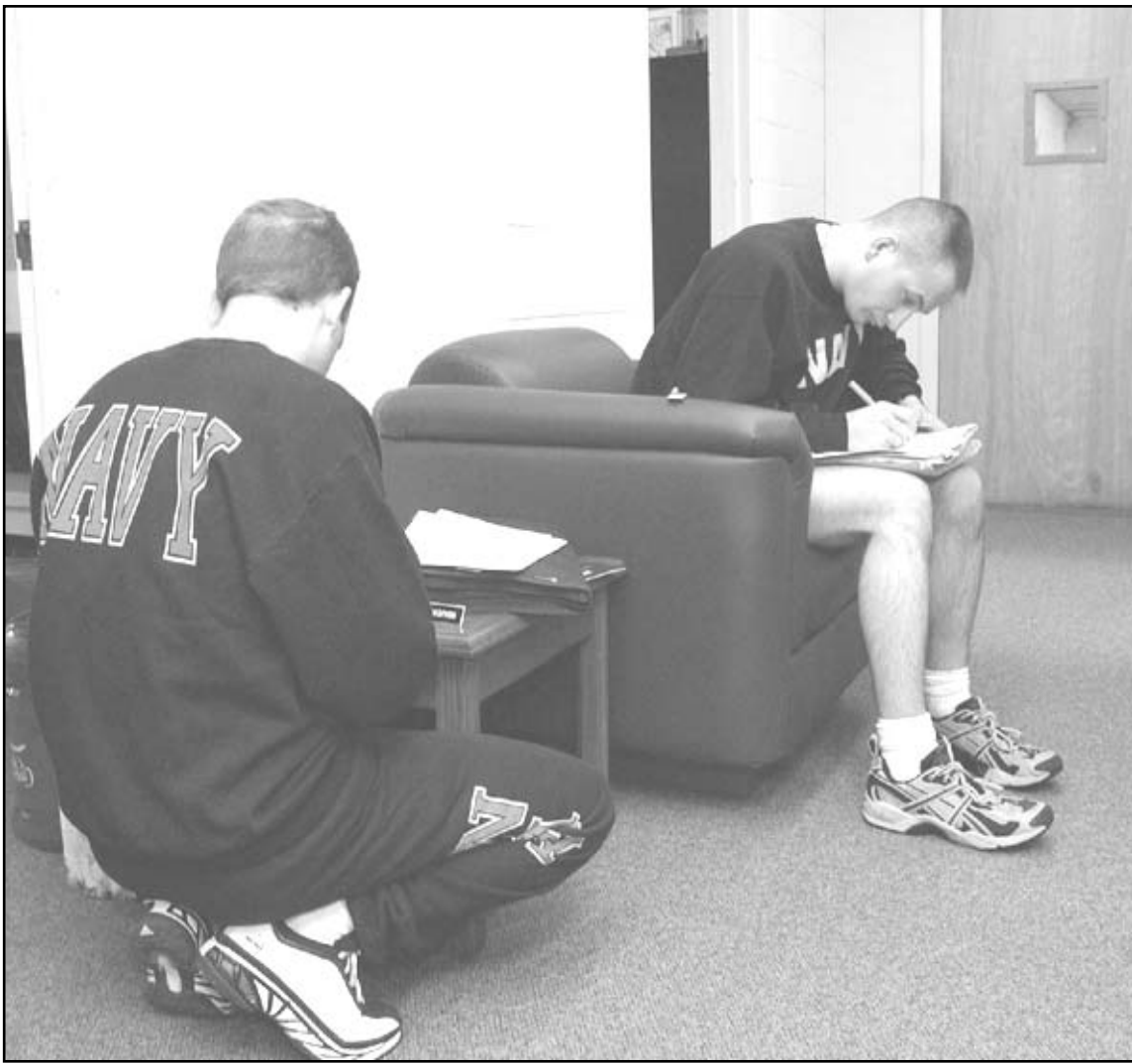
The Naval Station Newport Intramural Basketball League results for the Week 6, ending Feb. 22, follow:

18 and over
Feb. 19
PWT def. Anarchy, 45-42

Feb. 20
NACC def. Anarchy, 53-31
Duck II def. SWOS 148, 51-47
Alpha Squad def. Bad Boys, 54-52
SWOS def. DH 166, 60-46

Feb. 21
NACC def. NWDC, 64-27

Standings
SWOS.....10-0
Ducks II.....8-1
Alpha Squad.....8-3
Bad Boys.....6-4
SSP.....6-5
PWT.....5-6
NWDC.....3-6
DH 166.....3-8
NACC.....2-9
SWOS 148.....1-3
Anarchy.....0-5



Ron Fontaine/U.S. Navy photo

CHECKING IN — Quartermaster Second Class Adam Beuchene, left, and Hull Technician First Class fill out paperwork at the Broadened Opportunity for Officer Selection and Training program at Nimitz Hall. They are enrolled in a new three-month program under the Seaman-to-Admiral 21 (STA-21) program.

Griffith

Continued from Page 4

as Command Training Officer responsible for the creation and implementation of a multifaceted training program.

A native of Lincoln, Neb., Petty Officer Griffith enlisted in the Navy in April 1988 and received basic training at Great Lakes, Ill. Following graduation, he received follow-on training at Mess Management "A" School in San Diego, Calif., before reporting to his initial assignment aboard

the amphibious transport dock ship USS Trenton in Little Creek, Va., until February 1992.

His other assignments included duty at Galley 1128 at Recruit Training Command, Great Lakes, Ill., (Feb. 1992-July 1995); and the amphibious assault ship USS Wasp (July 1995-July 200).

He reported to Naval Station Newport in the Combined Bachelor Housing (CBH) Division in

September 2000.

In his off time, Petty Officer Griffith volunteers in the local community with scouting organizations, parent-teacher groups at John F. Kennedy Elementary and Gaudet Middle Schools in Middletown and the Special Olympics.

He lives in Middletown with his wife, Sharman, and their two children, Caitlin and Connor.

USS Carney

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for offensive strikes and defensive measures. Weapons aboard include one MK 45/MOD 5 inch/54 cal. gun mount, two 41 MOD 2 vertical launching systems, two MK 141 Harpoon anti-ship missile launchers, two MK 15/MOD 12 Phalanx Close-in Weapons Systems, and two MK 32/MOD 14 triple over-the-side torpedo tube mounts.

Carney was named after Admiral Robert B. Carney who served as a Chief of Naval Operations from 1953 until 1955 at the appointment of President

Dwight D. Eisenhower. Admiral Carney won four Distinguished Service Medals for his contributions to anti-submarine warfare. USS Carney was built at Bath Iron Works in Maine where Carney served on the board of directors of the corporation after retiring in 1955.

The ship's crew is proud of its mess decks, considering the Carney won the Ney Food Service Award in 2000 and was runnerup for 2001. She also received the Battle "E" Efficiency award for 2001.

Navalog on line

Current and past issues of *The Newport Navallog* in 2002 are now available online through the Naval Station Newport website, www.nsnpt.navy.mil.

Readers may select the "Departments" category, then click on "Public Affairs Office." A subcategory choice of Press Releases or *The Newport Navallog* will be offered.

Online readers will need an "Adobe Acrobat Reader 5.0" program, which may be downloaded free from this Internet site: www.adobe.com/products/acrobat/readstep2.html.

Quality of Life queries sent to 17,000 Sailors

Navy Personnel Command PAO

WASHINGTON (NNS)—Approximately 17,000 randomly selected Navy men and women will be asked for their inputs on quality of life issues in a questionnaire they received last month. The survey is administered by the Navy Personnel Research, Studies, and Technology (NPRST) department of the Navy Personnel Command (NPC), Millington, Tenn.

The Navy Quality of Life (QOL) Survey asks about areas of Navy life critical to Sailors and their families. Officials hope to get feedback from Sailors on a wide range of topics including their career, shipboard life, housing options and preparedness. NPRST's predecessor, Navy Personnel Research and Development Center (NPRDC) first administered the survey in 1999.

The biennial survey results help policy planners determine programs that need to be developed or altered to meet Fleet needs.

Chief of Naval Personnel, Vice Admiral Norb Ryan Jr., stressed the importance of the survey. "We want to hear from Sailors. The information they provide when completing this survey will help us focus our quality of life efforts to ensure we do the right things for them and their families."

Sailors chosen to participate are scientifically selected to provide a representative sample of the Navy. It is important that each Sailor who receives a survey complete and return it, because each individual represents not only their individual views but the views of their peers as well.

Not responding to the survey means the views of many Sailors will not be represented in policy reviews and changes.

Sailors selected to receive the Questions concerning the survey should be directed to NPRST, (901) 874-2224 (DSN 882).

NUWC designated 'Top 100' company

The Naval Undersea Warfare Center (NUWC) Division, Newport was recently selected as a "Top 100" company by *Training* magazine. Selected from over 800 corporate applicants, such as Capital One Financial Corp., Intel Corp., and Federal Express, the division was ranked as one of the top companies that excel at developing human capital, and was the only government agency to make the "Top 100."

To determine the Training "Top 100," a range of qualitative and quantitative data was assessed. Training data included financial investment in employee development, type and scope of development programs provided, quality of the programs, and how closely development efforts were linked to business missions, goals, and objectives.

"Employee training, distance learning, leadership development, knowledge sharing and other forms of educational workforce development contribute to the Division's most valuable asset—its employees," said Capt. Patrick Bloomfield, Division Newport commander, and Division Newport Executive Director Juergen Keil, in a joint statement. "With cutting-edge technologies introduced daily and fiscal challenges facing our organization, we are building a bridge to the future with a workforce well-equipped to face these challenges."

NUWC Newport Division and other corporate winners were honored recently at an awards gala in Atlanta, Ga. The complete "Top 100" ranking was published in the magazine's March issue.

LIST ACADEMY <i>Music & Arts</i> 31-B Bridge Street in Newport 846-0572	NEWPORT'S COMMUNITY SCHOOL OPEN HOUSE Sunday, March 3 1:00 – 4:00pm FREE Sample Classes for Adults & Teens! Complimentary Treats!	REGISTER NOW FOR ADULT & TEEN CLASSES Drama, Storytelling, Songwriting, Bridge, Knitting, Sewing, Crafts, Etiquette, Interior Decorative Arts, Formal Party Arts & more
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Navy-wide news

USS La Salle Sailors enjoy tax help, electronic filing

GAETA, Italy (NNS) — The phrase “’tis the season” usually conjures up images of mistletoe and gift-giving during Christmas; but when it’s tax season, few are full of joy. Fortunately for Sailors stationed aboard the 6th Fleet flagship USS La Salle (AGF 3) and other Sailors Navy-wide, there’s help with tax preparation through the Volunteer Income Tax Assistance (VITA)/Electronic Filing (ELF) program.

“The program’s biggest asset is that it’s free,” said Legalman 1st Class (SW) Steve Crowston, 6th Fleet’s VITA/ELF coordinator. “It’s electronic filing and all military members and their spouses can file for free; it’s being done locally right here on the ship.”

With the service available aboard La Salle, after making an appointment, there’s very little Sailors have to do other than bring the necessary paperwork.

Recruiters in Hampton Roads say obesity levels are critical

PORTSMOUTH, Va. (NNS) — “Overweight and obesity may not be infectious diseases, but they have reached epidemic proportions in the United States,” reported the Surgeon General.

“The majority of high school seniors who walk in here are out of Navy physical standards. Once they can get themselves within standards, we can process them into the Navy,” explained Chief Storekeeper (SW/AW) Jansen D. Butler, recruiter-in-charge at Navy Recruiting Station, Portsmouth.

According to Butler most people who contact his office expressing interest in joining the Navy do not qualify due to physical standards required for enlistment. “A lot of people come through the door, but I would say, that for every 100 appointments we have only 25 people qualify,” said Butler.

An estimated 97 million adults in the United States are overweight or obese, and approximately 25 percent of children and adolescents are overweight, which is considerably more than in the past, according to the research of the American Obesity Association. Obesity has become a rising trend in the U.S.

Naval Station Annapolis offers career opportunities

ANNAPOLIS, Md. (NNS) — Sailors looking for unique and exciting career opportunities ashore — and the opportunity to raise the bar of excellence, both personally and professionally — should consider duty at Naval Station Annapolis and the U.S. Naval Academy (USNA).

Sailors assigned here would provide professional development to midshipmen at USNA. During the last two years, Naval Station Annapolis has been awarded the Chief of Naval Operations Safety Ashore Award and the Adm. Elmo R. Zumwalt Award for Bachelor Housing Excellence; it was also voted the best small base and the best base for single Sailors.

“The local area is rich with colonial history, and with Baltimore and D.C. within a half hour, you never run out of things to do,” said Hull Technician First Class (SW) Jeff Suekoff. “There is plenty of opportunity to get involved in the community, and the naval station’s mission is unique and enticing. We as enlisted personnel are actively involved with the training of the Navy’s future officers.”

Sailors can serve as craftmasters, engineers or crewmembers aboard a yard patrol craft; they will help prepare future naval leaders for the rigors and enjoyment of life at sea with training cruises in the Chesapeake Bay and mid-Atlantic region traveling to cities such as Newport, R.I., Boston and New York.

“It’s the ideal command,” said Religious Program Specialist Third Class Randy Giannotti. “There are officers, enlisted, civilian staff, contractors and retired military all working together to mold the midshipmen into some of the best officers in the fleet.”

For information go to <http://www.usna.edu>.



Color coded

A boatswain's mate aboard the carrier USS John F. Kennedy uses signal paddles to inform Sailors on the fast combat support ship USS Seattle to 'heave around the messenger line' during a refueling at sea. The USS John F. Kennedy Battle Group will soon relieve the USS Theodore Roosevelt Battle Group in support of Operation Enduring Freedom.

PH3 Jane Slater/U.S. Navy photo

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